

**Table 4.1: Measured Walks<sup>1,2</sup>**

Walking Test	Total (N=1002)	Age Group			Disability Level		
		65-74 (N=388)	75-84 (N=311)	85+ (N=303)	Moderate <sup>3</sup> (N=343)	ADL Difficulty	
						Receives No Help (N=478)	Receives Help (N=181)
Faster of 2 usual-pace measured walks <sup>4</sup>							
Unable to do (%)	3.8	3.9	4.2	2.3	0.0	1.6	18.0
Speed (meters/second)							
Mean	0.6	0.7	0.6	0.4	0.7	0.6	0.4
5th percentile	0.2	0.3	0.2	0.1	0.3	0.2	0.1
25th percentile	0.4	0.5	0.4	0.3	0.5	0.4	0.2
50th percentile	0.6	0.6	0.6	0.4	0.6	0.5	0.4
75th percentile	0.7	0.7	0.8	0.6	0.8	0.7	0.5
95th percentile	1.1	1.1	1.1	0.8	1.1	1.1	0.8
Fast-pace walk <sup>4</sup>							
Unable to do (%)	6.0	4.9	6.2	9.2	0.3	3.5	26.0
Speed (meters/second)							
Mean	0.9	1.0	0.9	0.7	1.1	0.9	0.6
5th percentile	0.2	0.4	0.3	0.2	0.5	0.3	0.2
25th percentile	0.6	0.8	0.6	0.4	0.8	0.6	0.3
50th percentile	0.9	1.0	0.9	0.7	1.0	0.9	0.6
75th percentile	1.1	1.3	1.1	0.9	1.3	1.1	0.8
95th percentile	1.7	1.7	1.7	1.3	1.7	1.6	1.2

(Women's Health and Aging Study, physical assessment, 1992-1995)

<sup>1</sup> All variables have less than 3% missing data. Results are based on non-missing data.

<sup>2</sup> Descriptive statistics are based on weighted data.

<sup>3</sup> No ADL difficulty; disabled in two or more domains (see Chapter 1).

<sup>4</sup> If 4 meters not available, the walk was 3 meters.